

**Tampines North Primary School**  
**PE Department**  
**Primary 2**  
**Scheme Of Work (Outline)**

**Term 1 SOW**

(T1W7) CNY PH: 17 & 18 Feb	
Week	Topic
T1W1 – 3	<u>Physical Health &amp; Safety</u> <ul style="list-style-type: none"> <li>▪ Physical fitness - Understand the importance of regular physical activity</li> <li>▪ Nutrition – drinking and snacking</li> </ul> <u>Outdoor Education</u> Risk assessment and management - Identify weather hazards, assess their risks and apply suitable risk-management strategies
T1W4 – 7	<u>Games &amp; Sports</u> <ul style="list-style-type: none"> <li>▪ Rolling underhand and catching</li> <li>▪ Throwing and catching (underhand movement pattern)</li> </ul>
T1W8 - 10	<u>Gymnastics</u> <ul style="list-style-type: none"> <li>▪ Travelling, jumping &amp; climbing</li> <li>▪ Balancing</li> </ul>

**Term 2 SOW**

(T2W1) Hari Raya Puasa Sch Off-in-lieu: 23 Mar (T2W2) Good Friday PH: 3 Apr (T2W6) Labour Day PH: 1 May (T2W10) Hari Raya Haji PH: 27 May	
Week	Topic
T2W1 - 2	<u>Physical Health &amp; Safety</u> <ul style="list-style-type: none"> <li>▪ Safety and risk management – Understand safety measures at home, in public and on roads.</li> <li>▪ Nutrition – Healthy eating</li> </ul>
T2W3 – 5	<u>Games &amp; Sports</u> Throwing and catching (overhand and sidearm movement patterns)
T2W6 – 9	<u>Gymnastics</u> <ul style="list-style-type: none"> <li>▪ Rotating</li> <li>▪ Mounting, Dismounting and Vaulting</li> <li>▪ Sequencing</li> </ul>
T2W10	<u>Outdoor Education</u> Outdoor living - Navigate routes to a landmark using cues and narratives Sense of place - Share personal school stories, identify key people and their roles

### Term 3 SOW

(T3W2) Youth Day Scheduled Sch Hol: 6 Jul (T3W6) National Day Scheduled Sch Hol: 10 Aug (T3W10) Teachers' Day Scheduled Sch Hol: 4 Sep	
Week	Topic
T3W1 - 5	<u>Physical Health &amp; Safety</u> <ul style="list-style-type: none"> <li>▪ Self-care – Importance of sleep and staying hydrated</li> <li>▪ Personal hygiene – Eye care and airborne disease</li> </ul> <u>Games &amp; Sports</u> <ul style="list-style-type: none"> <li>▪ Kicking</li> <li>▪ Striking/ Volleying (with body part)</li> </ul>
T3W6 – 8	<u>Dance</u> <ul style="list-style-type: none"> <li>▪ Explore movements and shapes with varied pathways, force, flow, and levels in response to stimuli</li> <li>▪ Creating &amp; performing ('Ode to Joy' movement experience)</li> </ul>
T3W9 - 10	<u>Outdoor Education</u> Outdoor living - Navigate routes to a landmark using cues and narratives

### Term 4 SOW

(T4W3) Children's Day Scheduled Sch Hol: 2 Oct (T4W9) Deepavali PH: 9 Nov	
Week	Topic
T4W1 - 5	<u>Games &amp; Sports</u> <ul style="list-style-type: none"> <li>▪ Striking (with implement)</li> <li>▪ Dribbling/ Tapping (with hand, leg and implement)</li> </ul>
T4W6 – 7	<u>Outdoor Education</u> <ul style="list-style-type: none"> <li>▪ Outdoor living - Navigate routes to a landmark using cues and narratives</li> <li>▪ Sense of place - Know school roles, share personal stories, and follow sustainable practices</li> </ul> <u>Physical Health &amp; Safety</u> Recap on physical fitness, nutrition, safety & risk management and personal hygiene & self-care
T4W8 – 10	<u>Games &amp; Sports</u> Relay games with throwing, catching, kicking, rolling and striking / volleying